



The Challenge of Being Human

Teacher: Ophelius
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Message Received by Chris Maurus

Ophelius: "Today we would like to address you students on the path who are dedicated to the progress of your spiritual development, but who are facing many challenges in daily life to stay connected and grounded. Many of you are facing increasingly busy and sometimes over-stimulated lives where many decisions, projects, and family obligations come together and compete for your attention. This can sometimes make you feel anxious or concerned about your ability to maintain the peace and solitude needed for the growth of your spiritual lives, but what is needed, first and foremost, is for you to accept that this is a part of your human experience.

"By the very fact that you have concerns about this means your guardian angel and your Thought Adjuster are working together to see that you are being challenged and are building a strong character. They are well aware of your responsibilities and your concerns for the stability of your spiritual development and work. This is an opportunity, my friends, to use that developing soul-mind to put all things in order and prioritize your list of commitments and responsibilities. You have the ability to address all these things by sharing your concerns with Spirit and asking for help. We are all here to assist you and help you sort out your challenges by showing you the options where you can make decisions that serve the greatest good.

"It is important that you acknowledge your challenges and allow yourself to accept the fact that you cannot "do it all" and release any fear, anxiousness, guilt, or ill feelings about your human limitations to satisfy all the demands on your life. It is these negative feelings and thoughts about your limitations that become the clouds that shroud your clear path and prevent you from seeing the bigger picture and how to overcome the challenges. Sometimes it is necessary for you to do the opposite of what is concerning you most. If you are over-stimulated and have too many commitments and appointments, perhaps you need to go into your room and lock the door. Sit in silence — connect with Spirit, and make time for your own well-being. When you are 'well' and feeling good about yourself, then can you better serve all those things and people who compete for your attention.

“Understand that whatever you do, whatever decisions that you make, will require you to ‘leverage’ the spiritual potentials within you — meaning: Use your ‘spiritual will power’ to bring order and serenity to your busy life and do not let the pressures of life break your peace of mind. Bring clarity to the challenges where you can see what is needed most and in what order they can be effectively addressed. Your ability to master the situations in life is directly linked to your ability to master your emotions and maintain forward momentum. When you are feeling overwhelmed, bring all your ‘cards’ to the table and let us (spirit) work together and find a clear path and a suitable ‘soul-ution.’

“Remember always: In the bigger picture of life — the development of the soul is most important, and all these challenges you face are to make that soul ‘weightier’ and your personality richer in character. You must determine, using your soul-mind, if your time and energy is well-spent on the things and relationships that matter most?

“Peace to you,

“The Circle of Seven.”

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“The giving of self, the illumination of truth, and the relief of suffering are the noblest paths to higher consciousness.” – Teacher Ophelius, 2009.

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